

September 2013 – Group Exercise Classes			SRPMIC – DIABETES PROGRAM'S FITNESS PROGRAM	
Monday	Tuesday	Wednesday	Thursday	Friday
2 <div>SALT RIVER FITNESS CENTER</div> <div>CLOSED</div> <div>LABOR DAY</div>	3 6:15AM-7:00AM SPINNING W/RACHEL -7 bikes available- 9:30AM-10:00AM YOUTH SERVICE – MOUSERCISE 11:05 AM – 11:50 AM YOGA W/RACHAEL 12:05PM-12:50PM TOTAL BODY CONDITIONING W/DION SR HIGH 3:30PM-4:15PM ZUMBA® Fitness W/RACHEL 5:30PM-6:30PM SPINNING W/MICHELLE -7 bikes available- 6:30PM-7:15PM BOXING W/NEVELLE -bring your gloves-	4 11:05AM-11:50AM SPINNING W/BEVERLY -7 bikes available- 12:05PM-12:50PM HIT (HIGH INTENSITY TRAINING) W/MICHELLE 2:00PM-3:00PM LARC – YOGA 5:30PM-6:30PM ZUMBA® Fitness W/SKY	5 6:15AM-7:00AM SPINNING W/BEVERLY -7 bikes available- 9:30AM-10:00AM YOUTH SERVICE – MOUSERCISE 12:05PM-12:50PM ZUMBA® Fitness W/ROBIN SR HIGH 3:30PM-4:15PM TABATA W/RACHEL 5:30PM-6:30PM ZUMBA® Fitness w/Sky	6 11:05AM-11:50AM BASIC OF KETTLEBELL W/DION 12:05PM-12:50PM SPIN & ABS W/MICHELLE 5:30PM-6:30PM Cardio Kickboxing Circuit W/Michelle
9 11:05AM-11:50AM ZUMBA® Fitness W/ANNIE 12:05PM-12:50PM STEP & PUMP W/MICHELLE 2:00PM-3:00PM LARC – YOGA SR HIGH 3:30PM-4:15PM STEP CIRCUIT W/MICHELLE 5:30PM-6:30PM ZUMBA® Fitness & SCULPT W/RACHEL 6:30PM-7:15PM SENIOR DANCE 55+ W/ROBERTA	10 6:15AM-7:00AM SPINNING W/RACHEL -7 bikes available- 9:30AM-10:00AM YOUTH SERVICE – MOUSERCISE 11:05 AM – 11:50 AM YOGA W/RACHAEL 12:05PM-12:50PM TOTAL BODY CONDITIONING W/DION SR HIGH 3:30PM-4:15PM ZUMBA® Fitness W/RACHEL 5:30PM-6:30PM SPINNING W/MICHELLE -7 bikes available- 6:30PM-7:15PM BOXING W/NEVELLE -bring your gloves-	11 11:05AM-11:50AM SPINNING W/RACHEL -7 bikes available- 12:05PM-12:50PM HIT (HIGH INTENSITY TRAINING) W/MICHELLE 2:00PM-3:00PM LARC – YOGA 5:30PM-6:30PM ZUMBA® Fitness W/SKY	12 6:15AM-7:00AM SPINNING W/RACHEL -7 bikes available- 9:30AM-10:00AM YOUTH SERVICE – MOUSERCISE 12:05PM-12:50PM ZUMBA® Fitness W/ROBIN SR HIGH 3:30PM-4:15PM TABATA W/RACHEL 5:30PM-6:30PM ZUMBA® Fitness w/Sky	13 11:05AM-11:50AM BASIC OF KETTLEBELL W/DION 12:05PM-12:50PM SPIN & ABS W/MICHELLE 5:30PM-6:30PM Cardio Kickboxing Circuit W/Michelle
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30 11:05AM-11:50AM ZUMBA® Fitness W/ANNIE 12:05PM-12:50PM STEP & PUMP W/MICHELLE 2:00PM-3:00PM LARC – YOGA SR HIGH 3:30PM-4:15PM STEP CIRCUIT W/MICHELLE 5:30PM-6:30PM CARDIO MASH-UP W/RACHEL 6:30PM-7:15PM SENIOR DANCE 55+ W/ROBERTA	<div>SALT RIVER FITNESS CENTER HOURS MONDAY-THURSDAY 6:00AM-7:30AM FRIDAY 6:00AM-6:30AM SATURDAY/SUNDAY CLOSED Ph: 480-362-7320 LEHI FITNESS CENTER TUESDAY AND THURSDAY 12:00PM-7:30PM SRPMIC FITNESS CENTER ELIGIBILITY Fitness Centers and Group Exercise Classes are open to SRPMIC Community Members & family members, Individual who living on SRPMIC, and Tribal/Enterprise Employees. Provide your SRPMIC Tribal ID, Employee ID or proof of residency. All individual MUST fill out Health History Form prior to using our facilities. See Fitness Center Staff for paper work. Question regarding Lehi contact Roberta Johnston at 480-362-7342</div>			



BASICS OF KETTLEBELL: Kettlebell class will focus on proper form and technique while teaching the fundamentals of Kettlebell training. In this class you will challenge both the muscular and cardiovascular systems with dynamic, total body movements, all the while making sure to adhere to proper form and technique. Kettlebell class can include circuits, high intensity interval training sessions, supporting movements and exercises and progressing to more challenging and advanced movements.

BASIC STEP & PUMP: A class that combines basic step choreography and resistance training utilizing barbells & other weighted or resistance equipment set in a circuit/interval setting.

BOXING: ****All participants please provide your own hand wraps and gloves** MUST HAVE!!!**** Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing, Heavy Bag will be used plus offense and defense moves. It is an excellent source of conditioning and can be used as a vehicle to instruct sportsmanship, the value of conditioning and a positive release of frustrations and energies, in addition to building self-confidence and character.

CARDIO MASH-UP: This class mash-up 2-3 cardio classes (Hi/lo, Cardio Kickboxing, Zumba, Step Aerobics) into a 60 minute fun cardiovascular workout in addition this class will have a segment of resistance training with dumbbells, tubing, bodyweight exercise or barbell and etc.

HIT (High Intensity Training): This class focuses on interval training by incorporating High intensity interval training (HIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard!

SENIOR DANCE CLASS 55+: Move and groove to the oldies, country and contemporize music set in a line dancing format.

STEP CIRCUIT: Basic-to-intermediate step choreography alternated with sets of strength training keep your heart rate up as you tone your muscles. Work your whole body with the perfect combination of cardio and weights!

CARDIO KICKBOXING CIRCUIT: This class is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Instructor will have you incorporating resistance training w/ weight, Kettlebell, resistance tubing and more.



TABATA TRAINING: Tabata training is a high intensity strength and cardiovascular training by which your body will be pushed to the edge. This class will utilize Tabata's to challenge your body in ways that will increase your aerobic capacity, anaerobic capacity and resting metabolic rate. • 4 minutes long • 20 seconds of intense training • 10 seconds of rest= total of 8 sessions or rounds

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a **moderate to high intensity** class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. *Recommendation: All participants should have at least 2-3 months of consistent workout session; 3 or more days a week of activities prior to taking the class.

YOGA: A mind and body experience that teaches new breathing techniques while working on strength, flexibility, and relaxation. Suitable for anyone interested in improving and maintaining flexibility and body shape, while relieving stress.

YOUTH SERVICE EEP MOUSERCISE: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. **Please contact Youth Service for more information on their YS EEP program.**

ZUMBA FITNESS®: Join the party! Zumba® combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.



Zumba® & Sculpt: With all the spice and flare of your regular Zumba class but adding a little more to the mix by infusing resistance training for upper, lower and core exercise to sculpt arms, glutes, legs and abdominal. A great overall body workout in 60 minutes!

We have 8 bikes available. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. FIRST COM FIRST SERVES! NO RESERVING BIKE.



SPINNING®: Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

SPINNING® & Abs: A 30-minute cycling workout of climbs, intervals and sprints followed by 10 minutes of abdominal exercises. Experience the benefits of a cardio workout plus abdominal strength training in one class.